

THE STRIVE PROGRAM

“STRIVE helps you through the hard times in life that you’re struggling with.”

Year 9 STRIVE Program participant

Launched in 2015 the STRIVE Program was designed by Centre 360 Youth and Family Service’s Counselling team in response to an increase in the number of schools requesting assistance with early intervention for students. The program offers support to schools reporting an increase in the number of students experiencing mental health problems such as anxiety and depression, low self-esteem, academic stress, complex family situations, social and peer difficulties.

Who can STRIVE assist?

STRIVE targets students aged between 11 and 14 years, who may be experiencing behavioural issues, low self-esteem or signs of depression, have a history of bullying or being a bully and who would benefit from learning coping mechanisms for regulating emotions, stress and relationships with peers, adults and family.

STRIVE Aims:

STRIVE aims to intervene early to address anxiety, stress in school and low self-esteem while assisting students to build resilience and positive, healthy relationships.

STRIVE Objectives:

STRIVE is an early intervention therapeutic program with a goal of preventing future mental health issues. Students identified as experiencing anxiety, stress and/or low self-esteem impacting their learning and relationships are invited to participate in a 7 week series spanning the school term. Students can be referred through the school welfare team by teachers, student requests and parents.



Workshops will assist students to learn to:

- » Regulate emotions
- » Strengthen their sense of identity
- » Develop strategies for coping with stress and anxiety
- » Experience healthy and trusting relationships with peers in groups and with adult facilitators
- » Develop a positive sense of self and be empowered
- » Practice mindfulness

STRIVE Parent Workshops:

Parents and carers of STRIVE participants are an important element of the program and are encouraged to be involved. Strive facilitators will contact parents before, during and at the end of the program to provide student progression updates. Parents and carers are also invited to attend a 2 hour workshop providing insights into adolescent brain development, mindfulness and stress-reduction strategies that could help strengthen their relationship with their teenager.

Find out more about STRIVE:

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Family Service
is a project of
St Francis Social Services



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